

clarke university COURIER

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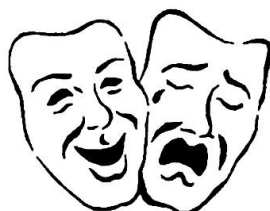
Issue No. 1

opinion



Freshman 15:
Fact or Fiction?

A & E



Drama students
prepare for
fall production

Sports



Mens Soccer continuing
a great season

weather



Partly cloudy
High: 68
Low: 41

Clarke opens new technology commons

erin daly
copy editor

The lower level of Clarke's library wasn't built with the intention of remaining empty and unfinished, yet it was used mostly as storage and as a display for a model of Clarke's old campus for years.

It wasn't until 2009 that plans for the space's future began to take shape. That year, Clarke began to receive funding through a Title III grant called "Creating a Technology-Rich Teaching and Learning Environment." The money went towards replacing the unfinished lower level of the library with a space where technology could be seamlessly incorporated into the educational experience. Additional funding came in the form of donations from Clarke's class of 1961 at their 50th reunion.

The class also chose the namesake for the commons: Clarke Provost and Vice President for Academic Affairs Joan Lingen, BVM.

Lingen graduated from Clarke in 1961 and is in her 46th year of service at the university. She was hired in 1967 as a full-time instructor in the art department and later became a professor of art. She served as chair of the art department for 30 years before becoming vice president and

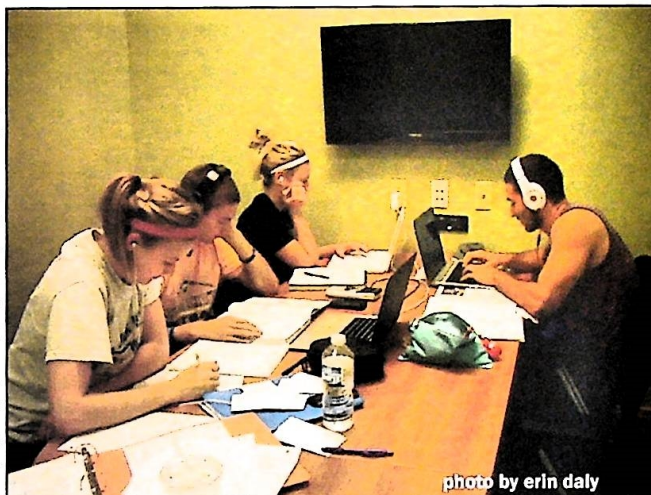


photo by erin daly

Clarke students using a collaborative workspace in the LTC

provost in 2004. Lingen was instrumental in the planning of the commons, "right down to the sizes of the rooms," she said.

Construction of the commons began over the summer of 2012 and the area was ready for students to use in the fall. The carpeting, the furniture, and the open design of the study areas was chosen based on feedback given by students in the spring of 2012.

Pat Maddux, executive director of academic technology, said that the space's design is meant to encourage collabora-

tion and to accommodate students' and classes' study needs: group study pods include light-weight chairs on wheels, glass partitions for some privacy, and TVs with hook-ups for other devices. And the tables in the seminar room can be easily rearranged to meet classroom needs.

Maddux and Lingen expressed similar desires for the Lingen Technology Commons. Lingen says she hope that the Commons "creates new modes of learning inquiry," and that students take advantage of the space and that they are aware of the ways technology can contribute to their experience at Clarke.

Student reaction seems positive so far. Senior elementary/special education major Cassie Reynolds especially likes the new opportunity for collaborative work that the space offers. "The TVs will be great for education majors doing group lesson plans," says Reynolds. "I am definitely looking forward to spending more time in the library this year."

LTC ribbon cutting honors Joan Lingen

seth wleman
sports editor

A crowd of students, faculty, the class of 1961, and their families and friends gathered in the library for the ceremony and ribbon cutting for the new high tech "Lingen Technology Commons" on Wednesday, August 29. President Joanne Burrows opened her speech with "Today is an exciting day for Clarke and our family at Clarke." The "Lingen Technology Commons" or the "LTC" has been in development for five years and it would not have been possible without the 1.9 million dollar grant from the Title III Committee and the class of 1961 said Burrows. The LTC was the class of 1961's 50th anniversary gift to Clarke and they are proud to name it after one of the class's favorite persons, Joan Lingen.

When Lingen took the podium to speak she was very enthused, happy, and excited about the LTC and what it has to offer students. "The LTC brings content and new



photo by seth wleman

Provost Joan Lingen and President Joanne Burrows cut the ribbon at the opening of the Lingen Technology Commons.

technology service to students" she said. Lingen also said "I am humbled that my classmates would name the technology center after me."

The LTC has several tables and two classrooms with 32 computers. It also has one seminar room with an 80-inch white board and screen.

Convocation: Clarke tradition Comes alive

carrie pleper
contributor

"What a family we have!" These are the first words that Clarke Professor Karen Glover said as she addressed the "family" that gathered in Terence Donaghy Hall at the 2012-2013 school year Convocation ceremony.

As Glover looked into the faces of the newest additions to the Clarke University family, she gave words of advice and reassurance for the upcoming school year.

Assistant professor of chemistry Karen Glover, a Dubuque native, welcomed the incoming students and faculty to her hometown in her address. She then told the story of when she was new to Clarke and promised that everyone could succeed if they put in the effort. To help with this success Glover gave her audience three pieces of advice: Show up to class and participate, get involved, and be who you are.

continued on page 2

The Freshman 15: Myth or Reality?

elizabeth palmer
opinion editor

Students have plenty to worry about when they begin their college careers besides their waistlines. From choosing the right school, paying tuition, managing classes, homework, and a job, things can get pretty stressful without adding a weight war to your plate. Is gaining the freshman 15 a myth or do metabolism, freedom to eat, and growing up fall into play? Whatever the case, there are changes you can make to ensure you gain nothing but an education during your college career. Let's look a little closer.

Life throws curve balls, we all know that. The whole mystery of the freshman 15 has many components such as metabolism decreasing with age, the smorgasbord offered in our cafeterias and dorm rooms, wacky schedules, and plain lack of exercise. Never fear, the answer may be in your control.

Some people believe the freshman 15 is a myth; college has nothing to do with gaining weight, especially when comparing students to those who are not in college. "Some of the weight gain in college is due to continued growth and maturation during this time, but a lot of it may be excess body fat," says Shahla Ray, a professor in the Department of Applied Health Science at Indiana University.

Nick Anderson, a Clarke sophomore sports management major, says, "I think it depends on the individual. Since our school, for the most part, has pretty good food I could see someone gaining a few pounds in their first year if they don't take care of themselves. The weight gain could also be a positive if it were muscle. Personally, I gained 5-10 pounds from lifting for track and cross country and all the workouts and stuff. I think in order to actually gain that 15 pounds one would have to do absolutely nothing besides go to class and eat with little exercise."

If you have friends who aren't in college and have been involved with activities besides school, check them out. Compare their high school senior pic-

ture with a current one. If you notice a slight weight gain, it could be related to growing older, lack of exercise, or the fact that they can eat whenever, wherever, and whatever they choose. People age, and with that comes slower metabolism, stress, and other life-changing factors. Getting bigger is a part of life.

On a lighter note, students may not gain the

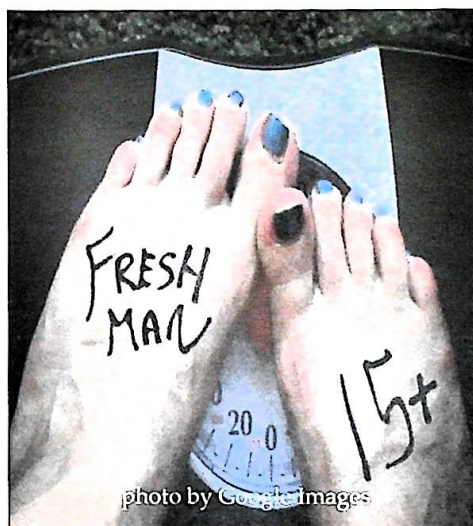


photo by Google Images

whole 15 pounds. There has been some speculation on how much weight freshman actually accumulate over the course of their college careers. Some may gain as little as five to eight pounds.

In a study of weight and body fat changes among 67 Rutgers University freshmen published last month in "The Journal of American College Health," Daniel J. Hoffman, professor of nutritional sciences, found that 18 students lost weight, while 49 students gained an average of seven pounds each during their freshman year.

"Nobody gained 15 pounds," said Hoffman. Also,

you don't have to limit the weight gain to freshman year. Many students see an increase in weight throughout sophomore, junior, and senior years.

Like studying, eating right should be a habit. Here at Clarke, we have quite the menu. Available daily are about six different entrees and about half as many desserts, along with all the delicious extras. Besides our meal plans, there's the quick and convenient Crusader Café options along with the temptations of hoarding sweet treats in your dorm room.

CNN Health Report says, "An environment with unlimited access to food can quickly result in weight gain. And if freshmen use food to soothe emotional needs instead of hunger, putting on 15 pounds is quite possible."

You can eat as much of whatever you want without anyone stopping you, and munch on snacks as you study daily or late into the night. We all make late-night food runs, and might choose mainly fried or fatty foods.

Alcohol consumption and its secret calories can also play a huge role in a college student's life. Amanda Wood, a researcher on the Indianastudy, says the weight gain doesn't "magically stop after the freshman year."

But don't need to be too stressed quite yet. You have the power to be the person you want to be. There's no fear of gaining pounds when you realize what contributes to weight gain, the unexpected culprits, and what you can do to counter the stereotype.

"Less than one-half (40 percent) of the adult population exercise on a regular basis and only one-quarter have done so for five or more years," says Stephen Parker, M.D.

How we manage ourselves and the choices we make can really have an impact where it really matters: our waistlines. Our weight room is a great resource and by using on-campus facilities such as our cardio room, after school yoga, Zumba, and sports you can stay active and worry less about the freshman 15 catching up to you.

2012 Convocation

continued from page 1

When illustrating her first point, Glover said "We're all in this together." She wasn't breaking out into the song from Disney's "High School Musical," but instead explaining that everyone at Clarke was working towards the same goals. She pointed at herself and the other professors and said, "Let us help you."

She named off numerous resources around campus, including the Learning Center and the Counseling Center, and urged students to utilize them.

Glover also advised students to get involved with things around campus. "Everyone can do something," she said, "Even if it's a little thing." She listed various ways to get in-

involved, including something as simple as going to a volleyball game, or bigger commitments such as joining choir or running for an office. "Don't limit yourself," she said.

In her final piece of advice "Be who you are," Glover reminded students that they should pay attention to what is inside of themselves when they make decisions, whether its picking friends, classes, or a major. She then told a story about a former student of hers who she had recently run into. She recalled how this student struggled in deciding what she wanted to do for a major. After a few weeks of class Glover, knowing the student wasn't happy, confronted her and

suggested that she look into a nursing major. Glover said that she had forgotten about the advice she had given until she was getting her flu shot. It turned out that her nurse was the student from the story, and Glover remarked on how happy she seemed.

Glover ended her speech with a quote from Mary Frances Clarke to send the student faculty and staff on their way into the new year. The quote reiterated Glover's three points saying "Leave the future to God; I have no fear as long as you are working together."

Clarke University COURIER

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New PR chief: Clarke ups its dosage of charisma

matt lozano & tia grap
sports editor editor

In the midst of new changes, Clarke has brought in Tom Farley to be executive director of marketing and communications. Farley, a Midwest native, comes to Clarke after spending a majority of his life in Madison, Wis. Before coming to Clarke, Farley was the founder and president of the Chris Farley foundation, an organization in his late brother's name, which aimed to end substance abuse. Chris Farley was a regular on "Saturday Night Live" and starred in many films.

"I don't mind talking about Chris," Farley said. "I created the foundation as a therapy to make it easier to talk about Chris." Farley worked with the foundation, and also co-wrote a biography about his brother which became a New York Times best seller.

"When I worked in the foundation, I worked with young adults and teenagers," Farley said. "Learning how to work with them should help me at

Clarke, figuring out what students want."

Farley isn't completely new to the Dubuque area. His father used to come to Dubuque a lot, and really enjoyed it here. "To me, Dubuque is about the same size as Madison," said Farley.

"Once my kids graduated high school, I wanted to get out of Madison," said Farley. He saw the opening here and did some research on the BVMS. He admired the mission statement of the BVMS, and decided to set his sights on Clarke University. "I read about Clarke and its mission—I was in," said Farley.

Previous Director of Marketing and Communications Mike Cyze has moved on to work in the Dubuque Community School District. The Clarke alum left some big shoes to fill.

"I always saw Mike running around campus during big events," said Cammy Washington, junior psychology and philosophy major. "I'm defi-

nately excited to see what Tom can bring to the table."

Farley has big plans for Clarke. "We have such potential, it should be easy to make it much bigger than it is," he said. Farley believes one of the main competitors for Clarke is Loras College, but he doesn't think we'll need to worry about them in a few years. "I want to make Clarke 'the' school in Dubuque," Farley said. "We won't have to worry about the purple and gold on the other side of the hill."

Looking into Clarke's future, Farley is excited for many of the upcoming changes that Clarke is bringing to the table through the strategic plan. He used to play lacrosse, and that's something he is enthused about coming to campus. "This is my sport," he said.

Farley will use his energy and flare to make Clarke the best it can be. "I want people to know about the special things going on here at Clarke," he said.

"Clarke has such a unique mix of personalities, and everyone at Clarke gets along with everyone." He wants to use that to his advantage. "Clarke has a great mesh of personalities and everyone can hang out with everyone."

Not only does Farley have high hopes for Clarke's future, but he also is looking forward to the next steps in his journey: living in Dubuque. "The small community, the feeling you get walking downtown, you can't get that in New York," he said.

There certainly is a buzz around Clarke with all the new faces around campus. New people bring new ideas, new



photo by matt lozano

points of view, and new perception about what Clarke is and what it could be. It's clear that Farley is no exception.

Meet Doug & AJ



Doug

Previous Adventure: Ombudsman (conflict resolution) at the University of Minnesota

Alarm Clock Sound: The Tiger Song from "The Hangover"

Favorite breakfast cereal: Fruity Pebbles

Favorite saying: Cray-Cray



AJ

Previous Adventure: Grad School at St. Louis University

Favorite Day of the Year: December 1st because it's AJ Friedhoff Day in my hometown

Height: 6'3"

Favorite Flower: Fire Flower from Mario Bros

Our new dynamic duo: Doug and AJ

tia grap
editor

New faces are all over the halls at Clarke University this fall, and you might think you recognize a couple of them as resembling the famous friendship of Cogsworth and Lumiere from "Beauty and the Beast," but think again. Those guys are none other than Doug Haltinner and AJ Friedhoff, the new assistant directors of Residence Life.

"My first impression of Clarke was everybody goes by their first name," said Haltinner. "It's very different from everywhere else I've worked. Even the president goes by her first name. It took me off guard."

Haltinner points out that his name tag says 'Douglas,' saying he was expecting a professional environment. "Now people are questioning whether I want to be Doug or Douglas," he says. "You can call me whatever, Doug, Douglas, or Doug E. Fresh."

He says that last part was a test he does in any interview he has. "If they laugh at my jokes, I know I can fit in there."

Friedhoff says he was also a little taken aback by how intimate the atmosphere is at Clarke. "You can get tagged as a certain kind of person pretty quickly," he said. "You can become 'The Guy Who' and be stuck with that. So I'm very upfront with the funny things about me."

"He's very eccentric, exhilarating, and outgoing," said Steven Morrison, senior computer information systems major. Anne Slaney, sophomore nursing major, agrees. "He's a quirky guy," she said. "I like how they work as a team; I'm excited to get to know both AJ and Doug in the next year."

Haltinner and Friedhoff have gotten to know each other pretty well over the last couple months they've spent working together preparing for their first years as hall directors. Haltinner is the assistant direc-



photo by tia grap

From left AJ Friedhoff and Doug Haltinner

tor for Mary Benedict Hall and the Catherine Byrne Apartments. Friedhoff is the assistant director for Mary Josita Hall and Mary Frances Hall. "Doug is a purple ball of awesomeness," said Heather Jenkinson, sophomore nursing major.

Both are excited about putting a new spin on the way things are done here at Clarke. "I'd like to come up with some new and creative things on campus to expand people's perceptions of various organizations and student groups," said Friedhoff. "I want to get more multimedia involved; I'm not a professional, but it's a hobby."

He made a promotional video for Homecoming, which can be found on YouTube.

Haltinner is excited to be a part of the different committees on campus. "I'm a part of the travel fund committee," he said. "We learn where the students are going to further their education. I like being able to

be a tool for them to explore their careers."

Starting fresh at a new job has its perks. "Everything is on the table," said Haltinner. "That's how I'm running Hall Council this year; we're doing whatever we want, within reason." Kate Van Buer, sophomore biology and physical therapy major, works with Haltinner through residence life and Hall Council. "He's easy to talk to, down to earth, and hilarious."

Not only is Haltinner the advisor for Hall Council, but he's also working with Lorie Murphy-Freebolin, director of the Counseling and Career Center, on bringing back the Clarke Gay Straight Alliance.

Friedhoff has a few advising projects he has going on as well. "I'm advising the B.L.A.C.K. Student Union, which I'm excited for," Friedhoff said. "I'm also going to work with the Gentlemen of Clarke. I worked with fraternities for two years, so I think I can bring a different spin on it."

If you want a good laugh, just go sit in their offices and chat. Haltinner's is on the first floor of Mary Ben, and Friedhoff's is right across from Health Services on the ground floor of Mary Jo. I'm sure you'll find something to talk about.

"I'm in the process of decorating my office," said Friedhoff. "I am a diehard Cardinals fan." He also has a challenge for Clarke students. "If you can find me in the Mizzou poster in my office, you get a prize."

Haltinner has a few more decorations in place, starting with his R2D2 fish tank. "I have three fish that have remained unnamed," he said. "If you have ideas let me know. I named my cactus Patrick."

"The Glass Menagerie": Classic play the Clarke Way

tia grap
editor

Memories are in the eye of the beholder. The first Clarke drama production of the 2012-13 year is Tennessee Williams' play "The Glass Menagerie." The show involves a specific memory of Tom, the narrator of the show. "We're not dealing with a totally realistic play," Carol Blitgen, BVM, professor emerita of drama, said. "It's what Tom recalls."

"The Glass Menagerie" is a classic show that is usually done in a typical way. "It's frequently done realistically with four walls, doors, and windows," said Blitgen. "We've chosen not to do it realistically and have isolated sections on the stage." They've also chosen to compose an original soundtrack for the show.

The show is partly autobiographical based on the playwright's past. "It has to do with a budding young artist attempting to find the kind of freedom that is essential to his growing artistry," Blitgen said.

"I can relate to the character about wanting to go out and find adventure in my life," said Austin Rea, senior theater major. Rea plays one of the main characters in the show, Tom. "Tom holds the family together," said Rea. "He hates it, he wants to get out." The major struggle Rea's character faces is having lived his whole life taking care of his mother and sister financially once the father walks out.

"It's a play about relationships and dreams," said Rea. Each character in the cast has a dream, or a desire in their life. The mother, Amanda, played by

2009 Clarke graduate Valerie Heitzman, wants the best for her children. She yearns for her daughter Laura to have the best life she can despite her disability.

"My character is really shy," said Carrie Pieper, junior drama and English major. "She lives in her own world and has a huge imagination." Pieper has taken on the role of Laura, the daughter with a disability that makes it hard for her to walk. This show is also a first for Pieper. "This is so different than anything I've done," she said. This performance will be a leap from what she's used to. "I wouldn't call myself an actress, that's not really what I want to do, but it's always exciting to get parts."

One of the unique things about this production of "The Glass Menagerie" is that it will feature an original score, composed by a Clarke student. Adam O'Dell, sophomore music composition and piano major, is composing the music for the show. "I have all the main themes composed right now," said O'Dell. "Each character has his or her own theme, and there will be smaller motifs included as well." Creating music from scratch is a difficult thing to do. "I'm working really hard on it," said O'Dell. "The play does a lot to suggest the music, so I had a lot to work with."

Last year, Clarke's production of "The Caretaker" was selected to compete in the American College Theater Festival. This year, the drama department has decided to enter "The Glass Menagerie" in that same competition. "We're really excited because we were received so

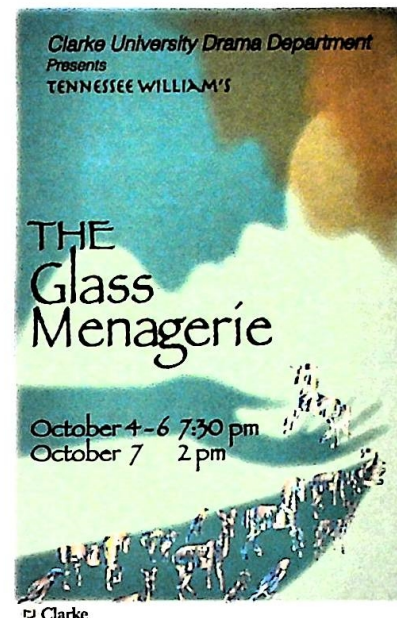
well last year," Rea said.

O'Dell is entering his score in the 'best original score' category of ACTF. "If the show were to be accepted, I would be incredibly honored," he said. "It's a good way to get your name out there as an actor or composer. Going into this, I think we have the potential."

Though being admitted to the festival would be an accolade, it's not the be-all-end-all. "I don't focus on the future of the show," Blitgen said. "What's important to me is the training and development of these young actors and the artistic whole. It's an honor, but it's not why I do the show."

The cast is working very hard to make the performance exciting and captivating for all members of the audience. They are learning things from not only their director, but from each other, along the way. "I haven't had a lot of experience on stage," said Pieper. "But being on stage with actors who have had a lot of experience, you pick up a lot of things. Watching them, I've learned to move in certain ways."

The dynamics of the cast is a unique balance: majors and minors in the program from various classes, as well as a department graduate. "This group is very dedicated to what they're doing," said Blitgen. "There is freedom at rehearsals and they're able to try different things. It's a very positive dynamic." "This is the first time I've worked with a guest artist," said O'Dell. "It's amazing to work with someone who has a great stage presence, and such a good connection to the scene." Pieper has a simi-



lar view on the opportunity. "It's cool to work with Valerie," Pieper said. "When I first saw the cast list, it was kind of intimidating."

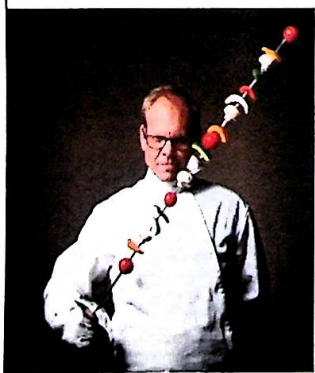
Along with the cast, there are many other people involved behind the scenes to make the show a work of art: Ellen Gabrielleschi, associate professor of drama, is the set and lighting designer, Bob Neumann, adjunct instructor, is the costume designer, and Mary Zanger, sophomore, is the assistant to the director and stage manager.

The show opens on Thursday, October 4 at 7:30 p.m. in the Terence Donohue Hall.

Alton Brown to Speak at Clarke

ethan abney
campus life editor

This year's Mackin-Mailander topic is "Food: Impacting Our World" and our outside speaker is Food Network star Alton Brown, winner of the James Beard Award. Cooking has not always been Chef Brown's number-one passion. Brown, who was born in Los Angeles, received a degree in drama from the University of Georgia.



After graduating from college he pursued a career in cinematography and film production. He was the cinematographer for several music videos in the late 1980s and into the 1990s including R.E.M.'s "The One I Love."

Brown was not done with school. He later enrolled at the New England Culinary Institute. He took his love for cinematography and new culinary skills and put them to the test by creating a revolutionary new cooking show.

He created the show "Good Eats," where he uses many multipurpose items in his cooking so as to connect with every viewer. Brown uses things you could buy at your local hardware store



or general cookware shop.

He also used his camera skills to give his show a twist and make it more interesting and involving for viewers. Brown put cameras in the oven, fridge, or on a moving surface to make the show more fun.

The show ran for 14 seasons, and in those 14 years, Brown showed America the science behind it all, and many tricks to help us out in the kitchen.

After moving on from

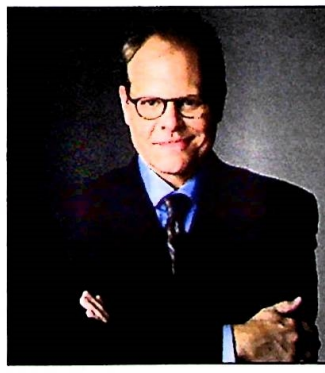
"Good Eats" Brown has done such shows as "Iron Chef America" and "Feasting on Asphalt." In both shows he used his love and knowledge of the science of food, and as always, his unique camera work to

personalize these shows. In his speech at Clarke, Brown will talk about his beliefs about food and will also dispel some myths. Brown calls this: "The 10 Things I'm Pretty Sure I'm Sure About Food."

History professor Michael Knock, a member of the Mackin-Mailander committee, says ticket sales have been brisk. "Alton Brown is a completely unique personality,"

Knock said. "He doesn't just give you recipes. He teaches you how cooking works."

After speaking, Brown will be available for a book-signing. Junior psychology and physical therapy major Allison Boyes said "I'm looking forward to hearing from an expert speak on a topic that interests me and impacts my everyday life."



New era for mens and womens soccer

daniel valencia
editor

Clarke's soccer programs finally started up a new chapter under the new head coaches, Jason Carlson for the men and Tyler Watkins for the women. Carlson was hired last fall after Coach Sean Esterhuizen resigned, and Watkins took the head coach position for women after assisting Esterhuizen with coaching both men and women.

The season has barely started for both teams, but they have been practicing for almost the whole month trying to be prepared for a tough season ahead.

The men had a rough start with their first scrimmage against a nationally mentioned Ashford University, picking up the rhythm on a second scrimmage against cross-city rival University of Dubuque in a well-fought battle that ended up 1-1. They also stood up against a tough opponent, St. Francis University, with the winning goal from freshman business major Aaron Calkins.

Right now they have a record of 4-2-0 and are in first place on the standings.

The mens team has a tough schedule coming up, especially after the conference shrunk

to only seven teams, so the expectations are high. "My expectations are for our guys to continue to grow together as a team," said Carlson, "To battle every game, win the games we should win, compete in the toughest games, and surprise a team or two



Clarke sophomore mid-fielder Jared Perez

when we are the underdog."

This season should be a memorable one for both players and coach. Eleven out of 20 players are seniors and nine of those seniors are starters;

"I think it's great to have so many older experienced players on the team" said Carlson, "The younger guys are playing some very big roles. I believe that the experience and composure of our older players will be a big reason for our successes this season."

On the other hand, the women's team had a slow start, losing against a tough number 13 nationally ranked Judson University of Illinois in its first game. Even though they only have five seniors on the team, they should do very well in the conference this year.

"I feel good about our level of play coming into our season," said Watkins. "We have a very good group of girls that can do big things as a team."

Watkins has experience with the women from previous seasons as the assistant coach and feels that they are adjusting well to his philosophy and coaching style.

"I believe in trusting the players to make decisions on the field, and my job is to prepare them for those decisions," said Watkins. "They seem to appreciate the freedom."

He says he is already demanding more as a coach, especially when it comes to fitness. "I wish the team could have come in more fit, but I think as a coach I always want that," he said. "I think we can do very well in the MCC (Midwest Collegiate Conference) this year."

2012 Sports Briefs

daniel valencia
editor

Cross Country: The team had a good start with freshman and AT/PT major, Austyn Their, winning the Dubuque Spartan Igniter for the women and with junior Stacy Latnie finishing 12 out of 39 for the men. Both the teams also had a few races, one in Minnesota at the St. Olaf invitation and another two in Quad City.

Mens Basketball: The men started pre-season the first week of September and will continue until their first game on Nov. 2 at Olivet Nazarene University. During pre-season the team will be doing a lot to get ready for a great season, from weight lifting and running to having optional individually practices with coaches.

Baseball: during this fall season the team has been playing in the Wooden League and is doing great, with a 6-0 record and still more games to play. Dan Spain, who started as the assistant coach last year but ended up as the head coach, has shown nothing but positive results for the team. Having the team do conditioning early fall season and practice individually with each position coach has helped them improve a lot. The team also added a new coaching position for the catchers.

Softball: The team just started conditioning and practicing and has high hopes for the upcoming season.

Womens Volleyball: They're off to a slow start but are picking things up. "The first part of the season has been like a roller coaster," said sophomore Allison Pasker. "Some games we're on and unstoppable, but then the next game nothing can go right." They are expected to be a top contender to win conference and past the first round of play off. Their current record is 8-5.

Mens soccer: the team had a phenomenal start with a 4-2 overall record and is ranked number one in its conference. They have some tough games coming up against a 5-4-0 AIB and nationally ranked number-18 Grandview, but they have the potential to win those games.

Womens soccer: The women have had a slow start, but are still working hard to be that top contender team they can be.

Clarke cross country: Always moving forward

sam dugan
opinion editor



photo by taylor shivley

Freshman cross country runner Austyn Their took first place at the University of Dubuque Spartan Igniter.

August 31 was the kick-off to another great cross country season by the Clarke Crusaders. Freshman Austyn Their started her college career by taking first place in the women's two-mile run at the University of Dubuque Spartan Igniter at the Dubuque Soccer Complex.

Both mens and womens teams finished third in the competition. Senior runner Nick Anderson has high hopes for this season. "We started off a little rocky with the first meet, but everyone has been working hard preparing for 8k races rather than 5k races," said Anderson.

"I believe we are one of the hardest-working teams in our conference and our goal is to prove that when the time comes. We want to place at least top three in conference; if we keep our pack tight and trust in our training we have a great shot at accomplishing this."

Junior runner Grace Gordon is also looking forward to the rest of the season. "The girls are having a wonderful season so far," said Gordon. "We are all working hard and for the first time in a while, we have a sense of growing camaraderie on the team. We get along great, and by doing so we are able to really push each other and work harder in a constructive manner. We have all performed well so far in meets and I'm excited to see where the rest of the season will take us!"

When asked about the future of the team and the season, Gordon said "I have a very positive feeling that it's going to be a successful year."

The Crusaders continue their season with meets September 21, October 6 and 20, and finishing with the MCC and NAIA National Championships on November 3 and 17.

CONVOCATION 2012

On the Streets

daniel valencia
editor

"What was your summer job?"



"I did landscaping jobs with my best friend for her dad's company. I would never do it again. I got terrible tan lines."
—Jasmine Schillinger, sophomore communication major

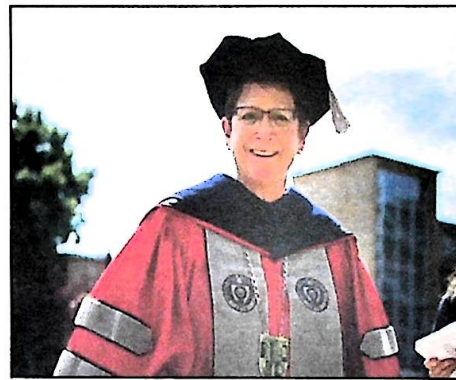
"I worked this summer in Minnesota on an alpaca farm. It was very hot and lots of bugs."
—Mirek Baran, senior, English education



"I was a CNA (Certified Nurse Assistant) at Luther Manor. I helped the elderly with ADL (activities of daily living)."
—Brittini Horstman, junior, nursing



Assistant professor of chemistry Karen Glover was the featured speaker at this year's Convocation.



Clarke president Joanne Burrows, SC



The freshman class's new tree is blessed with holy water.

Lots to do at Clarke Homecoming 2012

sam dugan
opinion editor

A jam-packed event schedule is on its way for Clarke University's 2012 Homecoming for students and visiting alumni. Homecoming kicks off with the Into the Streets volunteer projects followed by a residence hall decorating competition, Phalange and bags tournaments, and cosmic bowling. CAB, CSA, and Residence Life help sponsor and host events the rest of the week.

Women's Soccer plays Sunday, September 23 at 2 p.m. Later that evening at 8 p.m. in the SAC will be the popular Mr. Clarke Guy Pageant. Guys, make sure you sign up outside the CAB office to star in the pageant and fight for the Mr. Clarke Guy title!

Monday brings musician Griffen Alexander to campus starting at 7 p.m. Griffen is a mix of indie/pop rock and is sure to be a crowd pleaser! On Tuesday the faculty and staff will try to hold on to their title as kickball champions in the faculty/staff vs. students kickball tournament at 6 p.m. Be on the field early and compete against your favorite people on campus. Following at 9 p.m. is the campus-wide pep rally and

bonfire. Our fall athletic teams and dance teams will be introduced and there will be mini competitions that you do not want to miss!

Wednesday night is the low-key evening of the week with the famous Late Night Snack Attack. Be in the dining hall at 10 p.m. to see what our Residence Life staff is cooking! The one thing that you CANNOT miss during Homecoming week is our traditional Casino Night at 7 p.m.! Come and show your skills at Roulette, Texas Hold'em, or Black Jack! Multiple tables will be set up in the SAC so you can showcase your skills and win some prizes. Prizes will range from everyday dorm stuff to high-tech electronics. Friday night starting at 10 p.m. will be an inflatable movie in the Kehl Center. CAB will be premiering "The Amazing Spiderman." Bring your pillows and blankets and enjoy the luxury of a big-screen movie playing right on campus.

Saturday Clarke will kick off the day with the Women's Volleyball tournament starting at 10 a.m. followed

by Crusader soccer games and tailgating from noon until 5 p.m. During the games faculty and staff will have food and drinks available.

There will also be inflatables to play on and the popular SpinArt supplied by CAB, so come and decorate Frisbees and records with your favorite paint colors! At 7 p.m. the men's volleyball team will host its annual alumni game.

The homecoming dance will start at approximately 9 p.m. and last until midnight. Trolleys will be provided for transportation to and from the dance and will be circulating from the outside of Mary Josita Hall down to the Grand River Center all night long.

Join everyone at the dance for refreshments and rip up the dance floor with music provided by DJ Tony. Homecoming will end Sunday with a Mackin-Mailander lecture featuring Food Network Star Alton Brown at 2 p.m. Pick up your tickets at the Atrium Welcome Desk!

Hard Times at CU
by Grace Jennerjahn

